



## SAMPLE MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	“Healthy Breakfast Frittata” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit	“Whole Wheat Blueberry Pancakes” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit	“Spinach Florentine Omelet” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit	“Homemade Multigrain Waffles” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit	“Egg and Veggie Breakfast Sandwich” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit	“Texas French Toast” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit	“Spinach Artichoke and Egg Casserole” Egg of Choice Breakfast Meats Toasts and Muffins Fresh Fruit
<b>Lunch</b>	Pan Grilled Salmon With Fresh Pineapple Salsa Garden Herb Chicken Roasted Cauliflower “Orchard Garden” Salad	Oriental Sweet and Sour Veggies (with optional chicken) Pork Tenderloin with Mustard Sauce Savory New Potatoes Fresh Green Beans	Italian Basil Chicken Breast Beef Pot Roast Roasted Brussel Sprouts Glazed Carrots	Baked Sole with Sesame Roast Prime Rib Balsamic Glazed Green Beans Stewed Corn “Orchard Garden” Salad	Lemon Artichoke Chicken with Sundried Tomato Roasted Turkey Eggplant Stir Fry Baked Sweet Potato	Mediterranean Baked Fish Grilled Chicken with Fresh Mango Salsa Sliced Tomato Salad Steamed Broccoli	Premium Pulled Pork Stuffed Green Peppers Sautéed Summer Squash “Orchard Garden” Salad
<b>Dinner</b>	All Natural Turkey Burger Rosemary Thyme Chicken Salad Grilled New Potatoes Fresh Fruit	Chicken Tenders Tuna Melt on English Muffin Sweet Potato Fries Fresh Fruit	Grilled Tomato and Cheese on focaccia Garden Fresh Chef Salad Zucchini Bread Fresh Fruit	Savory Burger Tarragon Chicken Salad Baked “Fries” Sliced Tomato Salad Fresh Fruit	Shredded Steak or Chicken Fajitas Garden Vegetable Sauté Fresh Tomato Salsa Spanish Rice Fresh Fruit	Club Sandwich Rotisserie Chicken Orchard Superfoods Slaw Marinated Cucumber Salad Fresh Fruit	Chinese Chicken Salad Spinach BLT on Whole Wheat Baked or Roasted Sweet Potato Fresh Fruit

🍓 Available at each meal - assorted homemade desserts, including “no sugar added” choices, to meet all of your “sweet tooth” needs. Your server will share the daily selections with you.

🍓 If you don’t see something you like, don’t forget our “Always Available” menu.

***Don’t miss our monthly Culinary Demonstrations with both our in house chef and local area chefs participating!  
Become a member of our “Culinary Creations Team”. Sign up to help us plan our monthly menus with all of your favorites.***